

HERITAGE

Senior Health & Resource Fair

Thursday, Oct. 14
10am-11:30am

Medicare Open Enrollment is Coming!
Need to meet a representative in person to discuss
your Medicare Supplement and other plan options?

*Additional resources include SHINE volunteer Health Insurance
counseling, Elder Services of Merrimack Valley & North Shore,
Lowell Health Department, Lowell Police, Community Teamwork,
Lowell Community Health Center, D'Youville Life & Wellness
Community, and more...*

Walgreens will have
FLU SHOTS during the resource fair
Sign up for a flu shot at 978-674-4131 by Oct. 7



Gold Mosaic Tour (Transfiguration Greek Orthodox Church)

Tuesday, Oct. 26 at 11am-12noon

Visit the gold mosaics at Transfiguration Greek Orthodox Church in Lowell, a favorite stop on "Doors Open Lowell" tours. A small group will be welcomed to see the stunning mosaics that completely cover the walls and ceiling of this large church. Tour by Father Tom Chininis, the priest at the Transfiguration Church, along with church volunteers. Thanks to the Transfiguration Church for arranging this event. Sign up required at the Senior Center, 978-674-4131

See more photos:

<https://www.flickr.com/photos/transfiguration-lowell/albums/72157707225961045>

CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe-Mullin

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* * * * *

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John Drinkwater

Rodney M. Elliott

Vesna Nuon

Daniel Rourke

William Samaras

**City of Lowell
Veterans Services****Director / Agent**

Eric Lamarche

ELamarche@lowellma.gov

Office Hours:**8:00 A.M. - 4:00 PM.****Monday - Friday**

Tel: 978-674-4066

Fax: 978-446-7270

Library Senior Center Branch

Closed until further notice

**LOWELL
SENIOR CENTER****276 Broadway St
Lowell, MA 01854****978-674-4131**

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Monday–Friday:

**7 am to 3 pm**

Saturday–Sunday:

**Open for meals only**

Daily Takeout Breakfast:

7:00-9:00 am

Daily Takeout Lunch:

10-11:30 am

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Director: Lil Hartman**Receptionist:** Tara Donnelly**Events:** *VACANT*

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**Outreach Team**

Amy Leal 978-674-1167

(Portuguese, Spanish)

Gladys Rosa 978-674-1168

(Spanish)

Seila Chuop 978-735-9247

(Khmer, Korean)

**COUNCIL ON AGING  
BOARD OF DIRECTORS***Andrew Hostetler, Chair**Joyce E. Dastou**Beverly Gonsalves**Judith Huber**John R. Lawlor**Vincenzo Milinazzo**Anne Marie Porter**Molyka Tieng**(one vacancy)*

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Next meeting:**Monday, October 18****at 9:00am in Board Room****Lowell Health Department**

978-674-4010

For Questions about COVID-19.

Prefer reading

The Heritage Newsletter
online?Visit: www.lowellma.gov/seniors*Join our e-mail list for weekly
updates about events, and a notice
when the newsletter is available
online.**Please call 978-674-4131 to share
your email address with us.***Voting information for Nov 2 election!!**

This year, election day is on Tuesday, November 2nd, 2021 from 7:00 am to 8:00 pm. To check your registry, status or to vote, you can call the election office at 978-674-4046 or you can check your registration status on the Secretary of State's website. For more information and other updates about the upcoming elections, visit yourlowellyourvote.com, Lowellma.gov or contact the elections office at 978-674-4046.



This month the Senior Center is focused on health and elections.

Stop by the Senior Center **Oct. 14, 10am-11:30am** to learn about health insurance options and meet other health agencies. Pick up SHINE handouts about available plans, premium amounts, etc. anytime Oct. 14 through Dec. 3.

For more assistance from SHINE, complete and leave us a prescription form to get a personalized plan comparison by volunteer Joan Gong.

City wide elections for City Council and School Committee take place Nov. 2, 2021. This year, the Lowell City Council and School Committee will be elected under a district and at-large "hybrid" system. To see how your voting process has changed, visit YourLowellYourVote.org or call 978-674-4046.

The Lowell Senior Center will be an Early Voting site for all districts. Early Voting will begin Wednesday, October 20th until Friday, October 29th from 8:00 am to 4:00 pm. There will be no Bingo Wednesday Oct. 20 or Oct. 27.



Medical Loan Program

Wheelchairs, walkers, disposable underwear and bed pads available FREE. Call 978-674-4131



The Syringe Collection Program

Senior Center syringe drop-off accepted during our office hours. Free disposal containers are available while supplies last.



Get Help with Medicare

Call 978-946-1374 and leave a message. A trained counselor will call you back within 1-2 days. Statewide, no in-person appointments are available.

Volunteer with us!

The City has decided to reopen the Elderly and Veterans Volunteer Program for Fiscal Year 2022. You may be able to help a city department for up to 100 hours and earn a reduction in your property tax bill. Spots in this program are limited. To sign up, call **978-674-1102** or visit the **Lowell Assessor's Office, City Hall, 1st Fl. Room 36**, starting July 1, 2021.

Meals on Wheels is seeking volunteer drivers to deliver lunches for seniors in Lowell. These folks get a daily stipend for vehicle costs, and are also eligible for the Elderly and Veterans Volunteer Program (see above).

Do you like to work out with friends? CTI is seeking new volunteers to lead its strength training class at the senior center. Bone Builders leaders are part of the AmeriCorps Senior Program and enjoy volunteer benefits.

Please call Gladys at 978-674-1168 to sign up!

NEW!
Painting
 with Lolita

Mondays starting October 18
 10-11:30pm
 2nd Floor Classroom

What can you do with a paper and brush? Come discover your own hidden talent, and the fun of painting together with friends. Lolita Demers is a retired school art teacher here to guide your technique. Bring your own supplies (no oil paints) or use individually-packed kits from the senior center. Advance sign-up is required, call Tara at 978-674-4131.

This program is supported in part by a grant from the Lowell Cultural Council, administered by the Mass Cultural Council.

Cost: \$2 material fee requested



Carve Your Own
Walking Stick

with Jim Sarantakis

Tuesdays and Thursdays,
 Oct 19 - Nov 16

9 - 11am in the Classroom

Register at 978-674-4131



**Let's Travel
 Together!**

SAVE THE DATE: Tour an LRTA Bus

Wednesday, Oct. 13, 10—11:30am
 Lowell Senior Center parking lot

Climb aboard an LRTA Fixed Route bus in our parking lot. Learn how to use the meter to pay inside. Ask questions about routes near your home for a custom map and schedule. We will also hand out applications for RoadRunner service. Free one-ride passes will be given to the first 30 seniors who attend.



Encore Casino Trip

Monday, October 25

Depart 8:30am from Transfiguration Greek Church Outreach Center (465 Fletcher St) on luxury coach bus. Depart from casino at 4pm. \$20 Bonus Slot Play included. Please mail or bring payment to the Senior Center front desk to reserve your seat. *Mask and vaccine card required for bus.* Thanks to the Friends of LCOA and Floyd Wardwell for organizing this trip.

Cost: \$32 payable to Fox Tours



Trip to American Heritage Museum

Friday, Nov. 12

During your 2 hour visit at the American Heritage Museum you will explore America's conflicts, beginning with the Revolutionary War to today. Discover our heritage through the history, the technologies of warfare, and America's fight to preserve freedom. Admission: \$18 Age 62+ and Veterans, \$20 Adults.



Day Trips, Age 60+

Please sign-up for trips right away! Bring money order or check to the Senior Center. If you need to change dates, call at least one business day ahead. No refunds for trips

<u>October</u>	<u>trips</u>	<u>on sale NOW</u>		
<u>Day</u>	<u>Date</u>	<u>Destination</u>	<u>Depart 465 Fletcher St</u>	<u>LRTA Station</u>
Monday	4	Topsfield Fair (\$7)	8:45 am	9:00 am
Monday	18	Turkey Train (\$46.50)	8:15 am	8:30 am



Climb aboard the Hobo & Winnepesaukee Scenic Railroad for a ride with panoramic views of fall foliage and New Hampshire's largest lake. Enjoy a complete turkey dinner catered by Hart's Turkey Farm.

Monday	25	Encore Casino (\$32)	8:30 am	8:45 am
Thursday	28	Salem MA (\$7)	8:45 am	9:00 am

<u>November</u>	<u>trips</u>	<u>on sale Oct. 26</u>	<u>at 8 am</u>	
<u>Day</u>	<u>Date</u>	<u>Destination</u>	<u>Depart 465 Fletcher St</u>	<u>LRTA Station</u>
Thursday	4	Nashua Christmas Tree Shops	9:15	9:30
Tuesday	9	Super Walmart Salem	9:15	9:30
Friday	12	American Heritage Museum (\$18+\$2)	9:15	9:30
Tuesday	16	Merrimack Outlets (\$7)	9:00	9:15
Thursday	18	Abba/Danvers (\$82 to Best of Times)	8:30	9:00

CareRide

CareRide (provided by the Elder Services of Merrimack Valley) provides non-emergency medical transportation for people age 60+.

Sign up at the Lowell Senior Center (978-674-4131), and a ride share vehicle will be scheduled for you by Elder Services.

Bills come to your address monthly, \$4/each way for local trips.



LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types.

Senior Dial-a-Ride is available for all people age 60+ for medical rides only.

Call Road Runner
at 978-459-0152



FREE Fitness Room

Monday to Friday 7 to 3

Required:

- Lowell residents age 60+
- Sneakers
- Annual doctor's release note



Bone Builders

Mondays and Wednesdays, 8:30am

FREE with application process to participate, ask at front desk.

We are seeking new volunteer instructors for this program! Please join the class if you are interested.



INTRO TO MINDFULNESS វិបស្សនា

Wednesdays October 6 & 20,
1:30pm

Rides available from CMAA. FREE meditation and yoga practice open to all. Contact Toooh Van, 978-454-6200 or tvan@cmaalowell.org



Foot Clinic

with Diane Stanley, RN

Thursdays by appointment

Oct. 21 & Nov. 18

\$30.00 fee

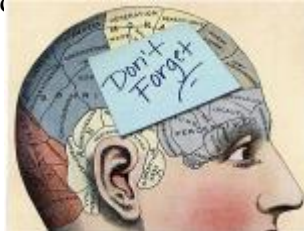
Includes: foot assessment, toenail trim and filing, reduction of nails/corns/calluses, education to help maintain self-care, and a relaxing foot massage.



Memory Training

Wednesdays, 2 - 4 pm
Oct. 20 to Nov. 10

Designed by UCLA, learn techniques to improve memory in a fun, interactive way. This is not intended for people with Alzheimer's or dementia. Sign up required



Dance MOVES

For EveryBODY

with Donna Miceli

New time!

Thursdays, 11am - 12:15 through Oct. 28

Sign up in advance for in person class: 978-674-4131

To join via ZOOM, email Donna at miceli.dmdc@gmail.com

An adaptive dance program, with a seated or standing option. It's inclusive to ALL regardless of mobility level. Come experience the JOY of movement together

"On the Move"

Mondays, Wednesdays and Fridays:
9:00 am, \$3 per class

Aerobics and stretching, with weights, balls and resistance bands with Marian Silk



Tai Chi

Thursdays, 1 pm
\$5 per class

Tai Chi is great for improving balance, sense of calm, and memory through repeated practice of a series of slow movements.



Yoga

Chair Yoga Tuesdays 12-1pm
or

Gentle Kripalu Fridays, 12-1 pm

\$5 per class
with Christine Connolly.



Mah-Jong

Mondays
12 to 2:45 pm
Board Room

**Senior Center Singers**

Mondays, 1 - 3 pm
Starting Sept. 13
Great Hall

**Senior Socials**

Fridays
12 - 2:45 pm
Great Hall
Line dancing, couples dancing, sit
around tables and chat.

**Wii Bowling**

Tuesdays & Fridays, 10:30 - 11:30
Board Room

**Knit & Crochet Group**
returning to Tuesdays!

Tuesdays 12 - 2:45 pm
Senior Center Library

**Card
Players!**

Tuesdays
9:30 am to 2:45 pm
Cribbage

Thursdays
9:30 am to 2:45
45's

Wednesday & Fridays
9 to 2:45
Poker

**Quilting Group**

Wednesdays
12 - 2:45 pm
2nd Floor Classroom

Newcomers welcome,
beginners to advanced!

**B - I - N - G - O**

Every Wednesday
12 - 3:00 pm

50¢ per card, sales start at noon

Prize amounts vary
due to attendance.

PLUS additional prizes!

**Billiard Room**

Open Monday - Friday
7am-2:45pm



Lunch Menu: October 2021

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Butter Crumb Cod Fish, Potato. Cole Slaw, apple	2. Mac N Cheese, Chicken Tenders, Pasta, Stewed Tomatoes, Mixed Fruit Cup
3.Sausage Sub w/peppers & onions, Chicken, Potato, Peaches	4. Chicken Broccoli w/ Ziti Fruit Cocktail	5. Teriyaki Chicken, Rice, Ratatouille, Pineapples	6. Meat Lasagna, Burger, Pasta Salad w/ tomato, Apple.	7. Chicken Stew, Potato, Carrots, Mandarin Oranges	8. Baked Cod, Rice, Green Beans, Fruit Cup.	9. BBQ Beef Sub, Tater Tots, Tomato Salad, Pears
10. Shepherds Pie, Potato, Corn/Mix, Cookies	11. CLOSED COLUMBUS DAY	12. Baked Chicken, Rice, Peas, Pears	13. BBQ Pork Roast Potatoes, Stewed Tomatoes Apricots	14. Spaghetti &/Meatballs, Carrots, Pineapples	15. Chicken Tenders, Mashed Potatoes & Gravy, Carrots, Peas, Bean Mix, Cookie16.	16. Veal Roulade, Potato, Green Beans, Pudding
17. Stuffed Peppers, Brownie	18. Chicken Parmesan w/ Pasta, Spinach, Apple	19. Beef Stew, Corn Bread	20. Spanish Chicken w/ Rice & Potato Tomato/ Greens Pudding	21. Meatloaf, Potato, Green Beans, Cookie	22. Roast Turkey, Mashed Potato & Gravy, Squash, Apricots.	23. Beef Quesadilla, Rice, Tomato Chocolate Cake
24. Chicken Drum Stick, Potato, California Blend Veggies, Pudding	25. Cheeseburger, Roasted Potato w/ Tomato Cookies	26. Chicken/ Sandwich w/ Pasta Salad, Cold Vegetable Salad w/ Tomato Banana	27. Slow Cooked Pork Shoulder, Potatoes, Carrots, Apple	28. Chicken w/ Pineapple Sauce, Rice, Broccoli, Fruit Cocktail	29. Stuffed Cabbage, Potato, Stewed Tomatoes/ Zucchini, Pears	30. Teriyaki Meatballs, Rice. Broccoli, Pineapples
31. Boiled Dinner, Ham, Potato, Carrots						

COALITION FOR A BETTER ACRE

Monthly Food Bank ... We deliver anywhere in the City of Lowell



Medicare Plan Review: An Opportunity for Change

It's that time of year again!

**The Medicare Open Enrollment period:
October 15- December 7**

Your health insurance needs are as unique as you. Because Medicare plans change every year, Medicare Open Enrollment period is the annual opportunity to review your Medicare insurance plan to ensure it is the most cost-effective plan for **YOU**.

Each year plans can change in many ways, such as the list of medications that are covered on the plan, prescription co-pays, preferred pharmacies, provider networks, and other benefit co-pays.

A certified SHINE counselor can assist you with understanding the various plan options for 2022. SHINE counselors provide individual-based, unbiased assistance to Medicare beneficiaries and their families about all Medicare options.

By reviewing your coverage during Open Enrollment, you may find that your plan will still be most cost-effective for next year, or you may find a plan that helps to put money back in your pocket where it belongs! Be an educated consumer and fill out your SHINE information form today for a personalized plan review. **SHINE (Serving the Health Insurance Needs of**

Apply
For
SNAP

1-800-645-8333

15% increase
in Benefit
amount!

The Greater Boston
**FOOD
BANK**



**BROWN
BAG**

A distribution of pre-bagged groceries

In partnership with

Elder Services of the Merrimack Valley, Inc.



DATES: 4th Tuesday

October 26

November 23


December 28

**FOR INFORMATION,
CONTACT:**

Laura Marsan
(978) 946-1303
Justin Jordan
(978) 946-1279

**Please bring reusable
bags, baskets, or a cart
to carry your food.**

MEMBER OF
**FEEDING
AMERICA**

Sunday	Monday	Tuesday	Wednesday
			
3. 7-9 am Breakfast 10-11:30 am Lunch	4. 8:45 <i>Topsfield Fair Trip</i> 8:30 Bone Builders 9 On the Move 12-2:45 Mahjong 1 Senior Center Singers	5. Delayed open at noon for staff training ~ No takeout meals today ~ 12 Cribbage <i>delayed start</i> No Wii Bowling 12 Chair Yoga 12-2:45 Knit & Crochet	6. 8:30 Bone Builders 9 On the Move 9-2:45 Poker 12-2:45 Quilting 12-3 Bingo
10. 7-9 am Breakfast 10-11:30 am Lunch	11. CLOSED Indigenous People's Day Columbus Day Holiday	12. 8 - 12 CTI AmeriCorps Seniors Meeting 9:30-2:45 Cribbage 10 Computer Class 10:30 Wii Bowling 12 Chair Yoga 12-2:45 Knit & Crochet	13. 8:30 Bone Builders 9 On the Move 9-2:45 Poker 10-11:30 Tour LRTA Bus 12-2:45 Quilting 12-3 Bingo
17. 7-9 am Breakfast 10-11:30 am Lunch	18. 8:15 <i>Turkey Train Trip</i> 8:30 Bone Builders 9 On the Move 10 Painting STARTS 12-2:45 Mahjong 1 Senior Center Singers	19. 9 Walking Sticks STARTS 9:30-2:45 Cribbage 10 Computer Class 10:30 Wii Bowling 12 Emergency Preparedness Training Workshop 12 Chair Yoga 12-2:45 Knit & Crochet	20. 8:30 Bone Builders 9 On the Move UPSTAIRS 10-2:45 Poker DELAYED 12-2:45 Quilting No Bingo this week 8-4 Early Voting Begins
24. 7-9 am Breakfast 10-11:30 am Lunch Early Voting 9-3	25. 8:30 Bone Builders 9 On the Move UPSTAIRS 10 Painting 12-2:45 Mahjong 1 Senior Center Singers	26. 9 Walking Sticks 9:30-2:45 Cribbage 10 Computer Class 10:30 Wii Bowling 12 Chair Yoga 12-2:45 Knit & Crochet	27. 8:30 Bone Builders 9 On the Move UPSTAIRS 10-2:45 Poker DELAYED 12-2:45 Quilting No Bingo this week
31: Happy Halloween! 7-9 am Breakfast 10-11:30 am Lunch Join us for a Spooky Special Takeout Lunch!	8-4 Early Voting	8-4 Early Voting	8-4 Early Voting

Thursday	Friday	Saturday
	1. 9 On the Move 9-2:45 Poker 10:30 Wii Bowling 12 Gentle Yoga 12-2:45 Senior Social	2. 7-9 am Breakfast 10-11:30 am Lunch
7. 9:30-2:45 Cards: 45's 10-12 Farmer's Market 11 Dance MOVES 1-2 Tai Chi	8. 9 On the Move 9-2:45 Poker 10:30 Wii Bowling 12 Gentle Yoga 12-2:45 Senior Social	9. 7-9 am Breakfast 10-11:30 am Lunch
14. 9:30-2:45 Cards: 45's 10-12 Farmer's Market 10-11:30 Resource Fair 11 Dance MOVES 1-2 Tai Chi	15. 9 On the Move 9-2:45 Poker 10:30 Wii Bowling 12 Gentle Yoga 12-2:45 Senior Social	16. 7-9 am Breakfast 10-11:30 am Lunch
21. 9 Foot Clinic by Appt 9 Walking Sticks 9:30-2:45 Cards: 45's 10-12 Farmer's Market 11 Dance MOVES 1-2 Tai Chi 8-4 Early Voting	22. 9 On the Move UPSTAIRS 10-2:45 Poker DELAYED 10:30 Wii Bowling 12 Gentle Yoga No Senior Social 8-4 Early Voting	23. 7-9 am Breakfast 10-11:30 am Lunch 9-3 Early Voting
28. 8:45 Salem Trip 9 Walking Sticks 9:30-2:45 Cards: 45's 10-12 Farmer's Market 11 Dance MOVES 1-2 Tai Chi 8-4 Early Voting	29. 9 On the Move UPSTAIRS 10-2:45 Poker DELAYED 10:30 Wii Bowling 12 Gentle Yoga No Senior Social 8-4 Early Voting	30. 7-9 am Breakfast 10-11:30 am Lunch

A commitment to care. A legacy of compassion. This is D'Youville.



Short-term Rehabilitation • Long-term Care • Independent Senior Apartments
Adult Day Health • Alzheimer's and Dementia Care • Hospice

Most insurance plans accepted
 981 Varium Ave. • Lowell, MA
 (978) 569-1000
www.dyouville.org

First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com




Need help with technology?

COMPUTER WORKSHOPS

TUESDAYS @ 10AM

Register in person

at the Pollard Memorial Library
401 Merrimack Street at the 2nd Floor
Reference Desk or by calling (978) 674-4121

Register online

<http://pollardml.org/events/library-calendar> Sort by
Category and Select Technology Workshops. Then select
[REGISTER](#) and type in your information.

INTRO TO PCS
10/5 @ 10AM



Intro to PCs: A general introduction to PCs. and Windows 10, users will also practice using the mouse and keyboard.



EMAIL
10/12 @ 10AM



Email: Review of email. Questions welcome.



DIGITAL PHOTOS
10/19 @ 10AM



Digital Photos: Learn to upload, download, crop and enhance photos from email, smart-phones and tablets.



MICROSOFT WORD
10/26 @ 10AM



Microsoft Word: Learn how to create, edit and save documents with Microsoft Word. PC Skills required.



SENIOR CENTER BRANCH LOWELL LIBRARY

FREE KINDLE LOAN PROGRAM

If you would like to get online but don't have a computer or smartphone, Lowell Senior Center can lend an Amazon Kindle for 30-day periods for you to take home.

You will need to have your own internet access from home, public hotspots, or the Senior Center.

Income eligible households may qualify for \$10/month internet service through internetessentials.com. There are also pandemic relief discounts up to \$50/month.



Here are some important numbers for managing food security and stress in this difficult time:

Cash Assistance DTA Applications

can be filed (started) online at DTACConnect.com (click the blue "apply" banner). Just like with SNAP, a case manager will need to speak with the client after the application is filed.



Meals on Wheels (open to anyone over 60 regardless of health): 1-800-892-0890

Project Bread Food Source Hotline 1-800-645-8333

Merrimack Valley Food Bank Mobile Pantry Program: 978-454-7272

Manage Anxiety & Stress: Need Help? Know Someone Who Does? Contact the Disaster Distress Helpline at 1-800-985-5990

National Suicide Prevention Lifeline 1-800-273-8255: Provides free and confidential support 24/7 for people in distress and crisis...

FUEL ASSISTANCE for income eligible families can be accessed through Community Teamwork 978-459-6161. Income limits for 2020-2021 are \$39,105/year for a single person, \$51,137/year for a 2-person household.

Access YOUR Veterans Benefits!

Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115), the Commonwealth provides a needs-based program of financial and medical assistance for indigent veterans and their dependents.

Qualifying Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased Veterans are provided with the same benefits as if the Veteran were still living.

If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at elamarche@lowellma.gov or by phone at 978-674-4066. Eric can also assist veterans in applying for VA assistance.

Senior Abuse Hotline Number

To report suspected elder abuse, call: 1-800-922-2275

Elder Services of Merrimack Valley & North Shore

Meals on Wheels, Assistance with Home Care, Case Management, Support for Seniors and Caregivers, Prescription Advantage 1-800-892-0890

Legal Services Assistance & Referrals

1-800-342-5297

Fuel Assistance 978-459-6161

DTA Hotline (SNAP/Food Stamps)

Direct line for seniors: 1-833-712-8027

MassHealth 1-800-408-1253

Social Security Administration 1-800-772-1213

Medicare 1-800-633-4227



HALLOWEEN

WORD SEARCH



A V N F P U M P K I N O R D L U A C L Z R E V O
 K G N I N E T H G I R F I C Y X E H A M A I R G
 C G H N Z H P D B W M U N S X T H O U V I B H D
 O A P T T O X D I M M P Y T P E M W P Z O M J D
 L U L I V B Y X R R Z U L O M E Y L L N B O H U
 R R A I M S C A R Y P K T T R N C N R B O Z X R
 A R D J R E D I P S D C T O M B S T O N E Z A V
 W U G O B L I N B W I T C H D O X R E U S H U T
 B H A U N T E D H O U S E D M E E K D R U E X J
 R P Z C P E I J M X S N N U U Z F L O W E R E W
 O N V T X L B M D P N E T H M M W S H A D O W L
 O R U G B A Z I O P I X B D M Y G X J H Q K E T
 M R N Y T P A O F Z E U M N Y J M V Z N J Z Z Y
 S M U A U R K Y N S T X X O O E O O S I F W O R
 T N T R F Y E M U T S O C E T F R V L R F A K E
 I M Y A H F M O W L N F C T R N L I W K M C P T
 C V J F P S S Z T H E B R O Y D A G P N D F Y E
 K L C R E E P Y B M K J S K B P F H H M J R D M
 N U K X S L H S V K N Q N P I W H T P O A Y N E
 X T G T F U C E L F A E E R I E E F B I S V A C
 Y T R A P O L N V P R Z L Q X O S B F T D T C Y
 T O N K H H P O U Z F L T A E R T R O K C I R T
 E G A X X G P B B G C S M Y T L S C R E A M X L
 S N O T E L E K S O Z J A C K O L A N T E R N N

afraid
 eerie
 jackolantern
 specter
 bat
 fangs
 mummy
 spider

bones
 frankenstein
 owl
 spooky
 broomstick
 frightening
 party
 tombstone

candy
 ghost
 phantom
 trickortreat
 wraith
 zombie
 vampire
 warlock

cauldron
 ghoul
 pumpkin
 scary
 cemetery
 goblin
 scream
 werewolf

cobweb
 hauntedhouse
 costume
 creepy
 howl
 shadow
 skeleton
 witch



Summer Social

August 20,
2021

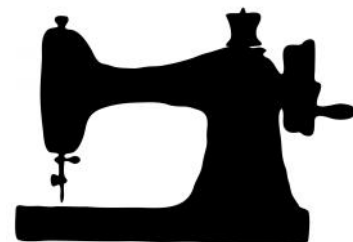
Donations of Walkers

Our closet was almost exploding with all kinds of walkers available to the public for borrowing but there seems to be a shortage now. If you are no longer in need of a walker, cane, wheelchair, or rollator—Please consider donating the item to the Lowell Senior Center.



Looking for Donations of Sewing Machines

Members of the Lowell senior center quilting group are in need of working sewing machines and would greatly appreciate donations from those in the community. They want to be able to continue their work with new experienced quilters. If you have a machine that you no longer use please consider donating it to the senior center. You may call 978-674-4131 to answer any questions or schedule a pick up. Cotton material is also always appreciated.



Make 9-1-1 Work Better for You

FILE OF LIFE		
KEEP INFORMATION UP TO DATE !!		
<i>Review At Least Every Six Months !</i>		
MEDICAL DATA REVIEWED AS OF	MO.	YR.
Name:		Sex: M F
Address:		
Doctor:	Phone #:	
Preferred Hospital:		
EMERGENCY CONTACTS		
Name:	Phone #:	
Address:		
Name:	Phone #:	
Address:		

File of Life Cards on your refrigerator or in your handbag list health conditions, medications, healthcare proxy, and medical providers to help first responders quickly access the information they need (even if you're unconscious). Pick one up at the Senior Center.

State 911 Disability Indicator Form (for landline phones) is available at the Senior Center to provide Massachusetts state 911 dispatch with codes related to life support, hard of hearing, or other needs in your home.

LPD's Safe Watch Registry is an online form to give local first responders information about a household

member who might wander, need a special approach based on health or mental health conditions as soon as they call 911. Visit <https://www.lowellma.gov/FormCenter/Police-33/Safe-Watch-Program-115>

Pick up your safety packet at the Senior Center with all 3 forms,

Friends of Lowell Council on Aging

In August FLCOA sponsored a very successful Summer Social. 138 tickets were sold. President Rita Mercier tirelessly led her volunteers for a good time had by all with the familiar sounds of Ray Trembley.

After two weeks of no Bingo in September, due to the city elections, Wednesday Bingo has resumed. There have been fine turnouts after over a year's inactivity. The board approved the purchase of a new microphone system which will be a welcome addition to the playing.

We will now return to printing a monthly Heritage. It is available at the center. Anyone can come in to get one at the center instead of having it mailed. If you wish to be taken off the mailing list please call the center and make this request. As mentioned in the past, postage is one of our highest budget costs and by not having it mailed to you is a great help to FLCOA. Our monthly finance reports are available upon anyone's request. An example of our expenditures are: Bingo Machine repair, a new microphone system, upkeep of exercise equipment to name a few.

With the corona virus unrest so many questions have arisen, and at the present masks are still to be worn while in the center. That means covering your noses. Any inquiries you may have can be answered by calling the center.

Our monthly meetings have started as of the last Friday in September. The public is invited to attend. There is still time to be a member of the FLCOA. Our deadline for 2021 memberships is October 31, 2021. Anyone of any age can be a member. This is not a membership to the Senior Center. Any person 60 or older is entitled to use any senior center in



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~~~~~  
**Friday,  
October 29th  
at 9:30 am**

Massachusetts at no cost. Some activities have a charge which are explained in that town's centers' bulletins. FLCOA is a separate organization from the Senior Center.

Have a safe Columbus Day and as always we thank you for your loyalty during the past year and a half of the



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